

the Wharf

wharf.co.uk

FREE
MAY 10, 2012



GOOD VIBRATIONS

Why we're all shook up about latest motion technology at Cineworld

P3

Inside



BRITISH BORN AND BREAD...

250 years old but the sandwich is a legend in our own lunchtime

P8



Armed and ready

HMS Ocean heads past Canary Wharf towards Greenwich as part of Operation Olympic Guardian, a major security exercise in preparation for the Games. Pictures / Page 2 & 51

Olympic goldrush

International capital lined up to fuel regeneration

International investors are looking past the Olympic Games to a goldrush of opportunities across the Host Boroughs. While the economic climate has strangled UK growth, East End land has been unlocked.

As well as prime sites around the

Olympic Park in Stratford, other areas hosting sporting venues – like the Royal Docks and Greenwich – are sitting in the shop window.

According to a new report, Stratford City alone is likely to flood the market with 13million sq ft of space for offices and homes

while the Royal Docks offers the potential for a further 100 acres. This compares with Canary Wharf and the Isle of Dogs, which took 20 years to create 17million sq ft of offices.

Europe's largest regeneration project has drawn the interest of

capital from Canada, Holland, Qatar, Australia, Sweden and Germany, says commercial property specialists CBRE.

Some £1.6billion of private money has already been invested in east London over the last two years.

Continued on Page 4

WE'VE MADE OUR POINT

Charlton take title with 101 points and Irons get set for Wembley

P54

PLUS

The leisure destinations served by City Airport



P49

WIN tickets to children's favourite In The Night Garden at The O2

P46



JONES LANG
LASALLE®

Sales & Lettings 020 7715 9700



WEATHER

16C	TODAY Showers
12C	FRIDAY Partly cloudy
13C	SATURDAY Sun
14C	SUNDAY Mostly cloudy
13C	MONDAY Scattered showers



TRAVEL

TUBE & DLR
Jubilee line is fine. Services will be suspended between Stratford and West India Quay on the DLR for essential maintenance work. Replacement bus services will be in operation.

ROADS
Blackwall Tunnel shut southbound on Sundays from 1am to 8am.

Don't even THINK of going home until 4.30pm when you can check our daily travel update

INSIDE

NEWS
Pages 1-11



P4

WHAT'S ON
Pages 12 & 45

PROPERTY
Pages 13-44



P8

FEATURES
Pages 46-53

SPORT
Pages 54-55

CONTACT US

The Wharf
Trinity Mirror
21st Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

EDITOR Giles Broadbent
email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
fax 020 7293 2264

ESTABLISHED 1998

Agenda

Why a clean capital wouldn't be London

There's an advert currently running on the Tube that reads: "You know when your mum's coming round to your flat and you give the place a quick tidy? Well that's exactly what we're doing. Except our 'flat' is London and our 'mum' is the rest of the world coming round."

The advert goes on to ask Londoners to lend a hand as they "have litter to pick, graffiti to scrub and flowers to plant" ahead of the Olympics.

I'm not sure this sanitised version of our capital will give visitors a true London adventure. This may be the only time some people visit our

BLONDE'S EYE VIEW



ANGELA CLARKE

city, if we spray it with Cif, gather up the debris that blows around and decorate with hanging baskets then we'll be showcasing a fake.

It'll be the Disney World version of London: shinier, squeaky clean, a bit like a film set. We may as well buy a huge smoke machine and fill our city with pea-souper fog to complete the American-friendly Dickens effect.

To enjoy a genuine London experience your legs should get tangled in low flying pages of the *Evening Standard*, you should have to wade through bin bags full of Starbucks cups, and, at the end of the day, you should discover you and

your clothes smell of sulphur and chips.

You should have to turn your head and puzzle at how the graffiti artist got there, or wonder what Shazza '89 is doing now.

And your snot should be grey, until you've been here a few days, when worryingly it will return to its normal colour making you fear your lungs are absorbing pure pollution.

Honestly, if you take out all the grubby, dirty, filthy bits it's not London. If you jet wash off the graffiti, hoover all the litter and prettify with flowers it won't be real London, no, it'll be Canary Wharf.

Reuters' view



HMS Ocean passes The O2 as the ship sails into London May 4, 2012. The ship, carrying Lynx helicopters, was deployed on the River Thames on Friday during military exercises aimed at testing security for the London 2012 Olympics.

Picture special

Page 51

60 Second Wharf

Go for green say celebs

A host of celebrities have pledged their support for plans to turn Cody Dock into a nature reserve.

Page 4

Reach for the sky

Plans to build the second tallest residential building in the country on the Isle of Dogs are under fire.

Page 5

Boris faces tough test

With Labour the largest party on the London Assembly, the mayor will get a rough ride, says John Biggs.

Page 7

A slice of history

The sandwich is 250 years old and we celebrate one of the greatest British culinary success stories.

Page 8

Make a flying visit

London City Airport is launching a drive to raise awareness of its leisure destinations.

Page 49

Claire on epic quest

"Bionic" Claire Lomas passed through Canary Wharf on her epic 16-day marathon to highlight spinal injuries.

Page 55



P55

John Biggs: We'll be keeping an eye on Mayor Boris

P7

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

To ask for an inaccuracy to be corrected, all you have to do is:

Phone 020 7293 3681

Email newsdesk@wharf.co.uk

Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

The Press Complaints Commission (PCC) is the independent body which governs the newspaper industry. The Code of Practice and details of how to lodge a complaint are available from Halton House, 2023 High Holborn, EC1N 2JD. Website www.pcc.org.uk. uk or email complaints@pcc.org.uk. Telephone 020 7831 0022. Helpline: 0845 600 2757.

ONLINE

You can follow *The Wharf* online at our website, via our Twitter feed, on Facebook or download our e-edition at



wharf.co.uk



EAST LONDON CHAMBER
COMMERCE AND INDUSTRY

WANT TO DO SOME SERIOUS NETWORKING ? JOIN DOCKLANDS BUSINESS CLUB FOR:

- Regular free networking events
- Top flight speakers
- Member to member on line marketing
- Low membership rates for local businesses
- Annual business awards
- Free legal advice

Plus many more events and management support services

FIND OUT MORE:
www.docklandsbusiness.org.uk

Phone: 0207 203 1965

Email: dbc@londonchamber.co.uk

DOCKLANDS BUSINESS CLUB
25 YEARS WORKING FOR
LOCAL BUSINESS



To mark the opening of the Olympic Stadium chairman of Locog Seb Coe, TV presenters Gabby Logan, third from left, and Vernon Kay, right, along with Paralympic archer Danielle Brown and nine-year-old Niamh Clarke-Willis from Hackney (picked from the spectators) push a button to release a tonne of balloons in front of 40,000 spectators. With 2,012 hours to go before the launch the Olympic Park underwent its most stringent test to date with six major events, right.



Cinema becomes a moving experience

Giles Broadbent
@wharf.co.uk

A shiver runs down my spine as Thor and Iron Man engage in a tête-à-tête that expresses itself through violence.

The shiver is not the emotional resonance of the bromantic liaison but a genuine, arm-rest grabbing vibration.

Welcome to the next dimension in cinema viewing, in addition to the three others with which the massed Avengers are assailing my senses.

A helicopter swoops. To the left and right of me, my co-pilots brace themselves. The D-Box seats, programmed frame by frame, 30 movements a frame, respond to the action on the screen for on-the-button sensory feedback.

Cineworld at The O2 is one of only three theatres to install them thus far (the other two are in Glasgow and Milton Keynes).

"It's nothing to do with a theme park ride, it's all about immersing you in the movie," said Guy Marcoux,



Cinema viewers watch *Avengers Assemble* in D-Box seats

vice-president of marketing for D-Box technology.

And he was right. Sort of. Fearful that the vibrations, swoops and chirrups would be an irritation, I kept my seat down low, to a healthy heart murmur akin to a loud sound system.

But I was missing out on Joss Whedon's spectacular set pieces and took it up to the metaphorical 11. Suddenly the point of the exercise hit home. When movie and seat are in perfect sync then here's a killer app that puts home cinemas to shame.

When the movie goes quiet, so does the chair. It's not like a yappy nephew craving

attention. In fact, you forget about it half the time until it kicks in and the world falls away and Hulk's fury becomes apparent in your kidneys.

"Sales have been spectacular," said David Spence, general manager of Cineworld at The O2. "All the seats are being booked out in advance."

Just pity the poor guys in ordinary seats. They might have paid less (D-Box adds a premium of £5.50) but they're forced to watch in their peripheral vision as the select few in the D-Box rows jiggle, jerk and yelp their way through the movies.

Makes 3D feel like, well, 2D.

Transport Diversions in place for Crossrail works

LANES will be closed and diversions put in place in North Woolwich to accommodate work on the nearby Crossrail project.

Albert Road and Connaught Road will be affected for the next 18 months with diversions in place from the junction of Albert Road and Lord Street. Bus services will be affected but will continue to service City Airport.

Places Watersports centre to host 2012 party

DOCKLANDS Sailing and Water-sports Centre on Millwall Dock has been chosen by the Canadian Olympic team as the venue for their post-Games celebration party.

The centre will host the "thank you" for the Canadian Mission Team. Director of the Canadian Olympic Team Betty Dermer-Norris said: "The added bonus is that we will be helping to support water sports for young people in east London."

Retail New tenant lined up for Isla store

ISLA Perfume has left Cabot Place. The Canary Wharf Group said a new tenant would be confirmed in the next few weeks.

Body Shop revamp / Page 47

MEANTIME
BREWERY TOURS

WE WANT BEER

HAVE YOU EVER WONDERED HOW BEER IS BREWED?

Now you can see for yourself by taking a guided tour of London's finest brewery.

Tours start from as little as £15, and our expert brewers will talk you through what makes Meantime's brewing process so different to everyone else's (and we let you try the beer too so you can taste the difference for yourself).

And all right on your doorstep in Greenwich.

Book now by calling 020 8293 1111 or email brewerytours@meantimebrewing.com

www.meantimebrewing.com
Please enjoy your experience responsibly

Games only mark the start of regeneration

From Page One

Matthew Black, east London specialist for CBRE, said: "A lot of people are wondering what will happen to east London after the Olympic Games, but it is clear that there is already a substantial amount of activity."

"Businesses are moving to the area with over 100,000sq ft of Westfield's grade A office space having already been let and the 4million sq ft International Quarter set to attract occupiers keen to take advantage of Stratford's transport network."

"Westfield Stratford City has also created over 12,000 new jobs and this is projected to rise to 18,000. Around 4,000 new residents will be moving to rental apartments at the Athlete's Village from as early as 2014."

Whereas other areas of the UK have suffered from the inability to secure funding, development in the Olympic boroughs has continued apace:

■ Inter Ikea's redundant Sugar House

Lane will be transformed with 1,200 homes, 400,000sq ft of commercial space and a 350-bed Marriott Hotel.

■ The £60million urban sustainability Crystal Knowledge Hub is near completion by Siemens in the Royal Docks.

■ Chelsfield has plans for a 2.5million sq ft retail pavilion concept at Silvertown Quays.

■ Pension funds in Holland and Canada have purchased a £870million stake in Stratford City, the athlete's village has been bought for £557million and Germany's Deka paid £97million for Pier Walk Greenwich.

Mr Black said: "The Olympics is just the beginning, enabling the regeneration of an area that could never have occurred in the present global economic climate."

"Unlike other host cities, London's legacy was planned in advance of the Games, which is why the best is yet to come."

Giles Broadbent



An artist's impression of a re-opened Cody Dock, which would include community gardens, a new pathway along the River Lea and a wooden swing bridge

Dock could become vibrant nature hub

Scheme could see people walking from Hertfordshire all the way to the Thames

Rob Virtue
@wharf.co.uk

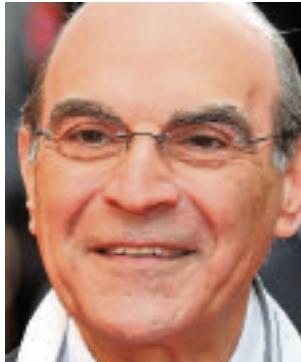
The unlikely trio of a rock musician, a comedian and a TV detective have thrown their weight behind a campaign to turn a once forgotten East End dock into an idyllic spot for nature lovers.

Billy Bragg, Andi Osho and David Suchet – most famous in the role of Agatha Christie's Hercule Poirot – have all pledged their support to the planned regeneration of Cody Dock, a site on the River Lea near Bromley-by-Bow.

The scheme, which also aims to be a hub for the creative industries, has so far attracted £56,000 in donations but needs another £83,000 before the funding deadline in 23 days' time.

Actor Suchet, a keen boater and chairman of the River Thames Alliance, said: "One of London's most historic docks currently sits behind lock and key in a neglected corner of the capital."

"This brilliant grassroots project



David Suchet has thrown his weight behind the Cody Dock plans

will reinvent it as a vibrant home for artists, entrepreneurs and boaters. Not only that – opening Cody Dock will complete an epic 26-mile walk along the banks of London's second river, the Lea.

What Poirot says about the scheme

"This brilliant grassroots project will reinvent the area as a vibrant home for artists, entrepreneurs and boaters."

"Suddenly people will be able to walk all the way from Hertfordshire to the Thames."

Osho, who grew up in nearby Plaistow is backing the scheme, said: "With so much focus on the Olympic zone it's easy to forget places like Cody Dock."

"This project shows it hasn't been forgotten and will become another jewel in east London's pearly crown."

The project is the brainchild of Simon Myers, a former artist, through his charity Gasworks Dock Partnership.

It uses Spacehive.com, a website that allows people to track support of community-funded schemes on the internet.

In addition to Bragg, whose grandfather worked on the dock when it was gasworks, and the other celebrities Canary Wharf Group chief executive George Iacobescu is also backing the regeneration project.

The majority of the funding has so far come from groups such as the London Thames Gateway Development Corporation, Sita Trust and Groundworks and will be used to fund a new pathway and community gardens.

The charity is now looking to river enthusiasts and Londoners to raise the remaining amount which will go to building a wooden swing bridge. Go to spacehive.com/codydock for more information

Free school begins hunt for staff

A SECONDARY school in east London heavily supported by Dame Helen Mirren and now due to open its doors in September has begun recruiting teaching staff.

Wapping High School, set up under the Government's free schools initiative, will be a mixed comprehensive of around 405 pupils based in Commercial Road when at full capacity in five years' time.

The school is set to open with a year seven class at premises in St George In The East Church, Wapping High Road, until its building is

completed around Easter next year.

Paul Guénault, formerly a deputy head at Highgate Wood in Haringey, took up the role of headteacher at Wapping Free School last month and is leading the recruitment process.

He said: "We are now looking for a deputy head and next week will be advertising for the remaining teachers, although we will have a relatively small sized team in the

initial period. This school is very much needed.

"The demographics about future population in this area are quite startling."

Dame Helen Mirren, who lives in Wapping, said: "This a huge achievement by our community. I do hope that business and industry will give the school the support it deserves."



Paul Guénault
Rob Virtue

Towers would be too tall for Island

Rob.Virtue
@wharf.co.uk

PLANS to build the second tallest residential building in the country on the Isle of Dogs are being strongly opposed by councillors and residents.

The Cuba Street proposal is for two towers reaching nearly 150m into the sky 439 homes, a 120-room hotel and office space. If approved it will be the tallest residential building in the UK after The Shard, bigger than the nearby Landmark Development and Pan Peninsula.

The original application was made in June last year but after opposition developer Ayken Group went away to reconsider its plans.

A revised application has since been made to Tower Hamlets Council but those originally against the proposal are unimpressed by the changes, which did not include reducing the size of the towers from 39 and 51 floors.

Millwall councillor Zara Davis said: "This is still far too tall for the site. It would mean this development would be taller than the Landmark towers.

Considering the fact that the buildings are supposed to be stepping down in height, from the Wharf to the neighbouring residential properties, it would be completely inappropriate."

Concerns have also been raised

over population levels on the Isle of Dogs, with the Cllr Davies saying the proposal for 3,385 habitable rooms per hectare was above the council's recommendations of 650-1,000 rooms per hectare.

"Squashing such a huge number of people into such a small area will have a negative impact on residents' quality of life," she said.

"In addition, the local infrastructure – in particular the roads and transport links – are not designed to cope with

51

Floors in the tallest tower proposed for Cuba Street

such a high number of residents."

Carron Rees, a resident at the neighbouring Landmark development, said: "It's going against the council guidelines regarding both height and density. If this goes ahead it takes half of my view away and reduces light. It must be even worse for those living in houses in the area."

A date for Tower Hamlets' strategic development committee to decide on the plans is still to be set.

The developer was not available for comment.



A disabled performer practises using a 35m aerial rig in preparation for the Paralympic opening ceremony

Opening ceremony to feature kids

SCHOOLCHILDREN from across the Olympic boroughs will play a role in the opening ceremony of the Paralympic Games.

Newham, Tower Hamlets and Greenwich will all provide players in *Enlightenment*, which the artistic directors have promised will "change the perception of human possibility".

The ceremony will showcase deaf and disabled artists and will open with a fly past by Aerobility, a

charity that trains disabled people to become pilots.

Performers with disabilities will also take part in an eight-week circus skills training programme in Hackney where they will develop the techniques to use a 35m aerial rig for the performance.

Co-artistic director Bradley Hemmings, who is also artistic director of the Greenwich And Docklands International Festival, said: "My co-director Jenny Sealey

and I want our ceremony to be both spectacular and deeply human. We're determined it should speak from the heart while rising to the emotional and historic occasion of the homecoming of the Paralympics."

Among the schools taking part are George Greens School on the Isle of Dogs, Little Ilford School and Eastlea Community School, in Newham, and Thomas Tallis School in Greenwich.

CONTRACTORS & BANKERS...

WE STILL LOVE YOU!

Visit us at www.sable-group.com or
call 020 7759 7530



SMART&ABLE

accounting & tax & wealth & offshore & fx & law & passports



MYSTIC TAN
the most advanced
spray tanning system
available today!

- Fully automated spray booth
- Personal heating & drying programme
- Choice of 4 flawless colours
- Exclusive to Docklands

£5 OFF
MYSTIC
SPRAY TAN
with this advert,
terms apply



other
services include:



HALF PRICE
SPRAY TANS
FOR UNDER 18'S
with proof of ID
terms apply.



Time to Shine

4 Turnberry Quay, Pepper Street,

London. E14 9RD

0207 418 0008

www.thetanningshop.co.uk

Join us on Facebook 'Tanning Shop Docklands' & Twitter 'Tanning Shop' for the latest deals and offers NOW



LIVE EVERY TWIST, TURN AND CRASH



D-BOX motion effect seating has landed
at Cineworld at The O2, Greenwich

Book *Avengers Assemble* 3D now at cineworld.com

Join
my★cineworld
for free online and save 10%

Terms and conditions apply, visit cineworld.com for details. No booking fee and mycineworld ticket prices valid until further notice.

cineworld.com

Iconic photographer returns to his roots

Rob.Virtue
@wharf.co.uk

RENNED photographer David Bailey, who went from playing in the streets of the East End as a child to taking iconic pictures of the likes of The Beatles and Mick Jagger, is returning to his roots for his latest exhibition.

The 74-year-old's work from the past 50 years is being displayed in the Royal Docks, at a venue yet to be decided, between July 14 and August 11 to coincide with the Olympics.

The *Vogue* photographer was born in Leytonstone just before the beginning of the Second World War before moving to East Ham at the age of three.

Bailey said: "London's East End is in my DNA and I'm thrilled to



David Bailey

be able to return to my roots in Newham. The Olympics are helping to transform the borough and I'm delighted to be playing a special part in its transformation. Go East young man!"

The exhibition is being part-funded by Newham Council and residents of the borough will be able to see the work for free. Newham mayor Sir Robin Wales said: "We are thrilled that an icon such as David Bailey will be returning to his roots with a major exhibition here in time for the Games."

"This is a fantastic coup for Newham and east London. David is a true Newham boy and we will be ensuring he gets the warmest of homecomings."

Entry prices for non-Newham residents are £6 for adults and £4 for concessions.

Our 2 year
tracker
mortgage
– with no product fee

**3.09% 4.0% 3.9%
APR**

tracks 2.59% above the
Bank of England Base
Rate until 31/07/2014

variable thereafter
is the overall cost
for comparison

Our 2 year tracker rate is available for remortgages only. You can borrow up to 60% loan to value. Early repayment charges apply until 31/07/2014.

Talk to us in branch

Visit rbs.co.uk/2

Call us on 0800 529 8944
(Minicom 0800 404 6160)

YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT
KEEP UP REPAYMENTS ON YOUR MORTGAGE

RBS
The Royal Bank of Scotland

One of the great British culinary success stories

It is 250 years since the Earl of Sandwich changed all of our eating habits forever

Giles.Broadbent
@wharf.co.uk

At around 10.30am, just after breakfast has settled, the buzz of the first latte fades and the realisation dawns upon tens of thousands of Wharfers that the day will be long and relentless and cruel, a murmur of conversation begins.

The conversation takes place at water coolers, at corridor junctions, across snaking wires in server rooms and over walls of note-festooned monitors.

The conversation is about lunch and it's the closest thing we get to escapism without actually reaching for the holiday snaps.

Canary Wharf is, on the whole, obsessed with lunch. In particular, Canary Wharf is obsessed with the sandwich.

Sameera, who was ahead of me in the queue at Birley's, was crushed when there was no roast beef left. No amount of pleading could conjure up the required ingredient that was written all over her office order.

"They'll kill me," she said, taking courage and adapting the list that she had painstakingly compiled. It was



**Jim Winship,
director of the
British
Sandwich
Association,
says these are
innovative
times for the
industry**

her turn, she said. She generally did Fridays.

"I dread my turn," she said. "People are so particular and they get really angry if it's not exactly what they wanted. It can ruin our afternoon."

In the end, she unilaterally merged the roast beef faction with the salt beef grouping and bought an extra sausage as back-up.

Who would have thought John Montagu's predilection for cribbage and a general distaste for grease on the playing cards would have spawned this £6-billion-a-year cause of joy and division.

This is an anniversary year for the desk-dweller's food of choice. Some 250 years ago, the aforementioned Earl of Sandwich demanded "bits of cold meat" between bread.

TASTE TEST

THE British beef sandwich is an icon and a treat so the BSA has made it the sandwich of the month. We tracked down three versions of the flag-waving favourite for a beef-fest of our own.

**Waitrose Good To Go
Rare Beef, Horseradish and Rocket**

£3
Get thee gone, Waitrose with this drab, dry, mean sandwich. A nano's width of horseradish does not a lubricant make and it's all rocket, rocket, rocket. Good for snooker, bad for sandwiches.



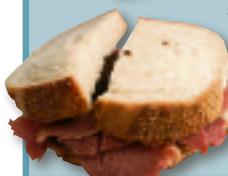
**Tesco Finest
British Beef and Stilton**

£2.50
A surprising feast. The overwhelming taste may be sweet pickle and cuddly Stilton but there's an undercurrent of beef that makes it feel like a posh dinner at your boss's house.



**Birley's
Salt Beef and Gherkin**

£5.50
The king of Wharf beef sandwiches. Layer upon layer of reddish meat, expertly carved in front of your eyes and garnished with a gherkin that enhances rather than detracts from the full-on protein infusion.



His lips were sealed ahead of the awards about the new "flavours and textures" that will soon find their way to premium outlets but he was prepared to admit to his own favourite - egg and ham.

These are good times for the sandwich. "We've seen volumes grow for the past year, which is unique in the climate," he said, accompanying the verdict with a run of statistics - 1 billion sandwiches consumed by an industry that employs 300,000 people but still only supplies 25 per cent of the total eaten. (Lunchboxes seemingly contain the other 75 per cent.)

Bad news can be good news in a resilient industry.

"In recessionary times people who once went to restaurants are now sitting at their desks. There's evidence to suggest the premium end of the market does quite well in tough economic times."

"It happened in the early '90s when the recession hit, so the market generally is pretty buoyant although this time it's complicated by the rise in costs of ingredients."

And why the sandwich? Well, the same reason the Earl barked his order in 1762.

"It's convenient. There's no other food that you can eat at your desk with your hands and have a complete meal - you very often have lettuce and protein and fibre all together."

Food / Page 48

W Why avoid the sandwich run?

"I dread my turn on the sandwich run," said Sameera. "People get really angry if they don't get exactly what they asked for."

Jim Winship, director of the British Sandwich Association, told *The Wharf* that fresh thinking was keeping a mature market alive.

He said: "We've seen a lot of innovation in recent years because people are looking at ways to keep costs under control to combat an increase in ingredient prices."

"We're in the process of judging our awards and we've seen a huge rush of innovations - new combinations of fillings and sauces - and that's something we haven't seen for a while."

BODY REFORM

Personal Training

This Time It's Personal!

Go To The Website To Book One Of These Trainers
No Membership Required

www.bodyreformpt.co.uk

info@bodyreformpt.co.uk

02032002084



Find us above Tesco's
opp Pure Sports Med
Level 2 Cabot Place West

Event**Royal guest for Motorexpo dinner**

1 NORMALLY the champagne corks pop at the end of a motoring event but next month's Motorexpo gets the celebrations going early.

The opening evening of the annual car-fest will see a VIP gala dinner and charity auction at Boisdale, attended by Formula 1 great Nigel Mansell, pictured, and Prince Michael of Kent.

The event is in aid of UK Youth, of which the prince and the racing driver are patrons.

The dinner takes place on June 11 and the expo runs to June 17. Contact Anna Collins at UK Youth at anna.c@ukyouth.org.

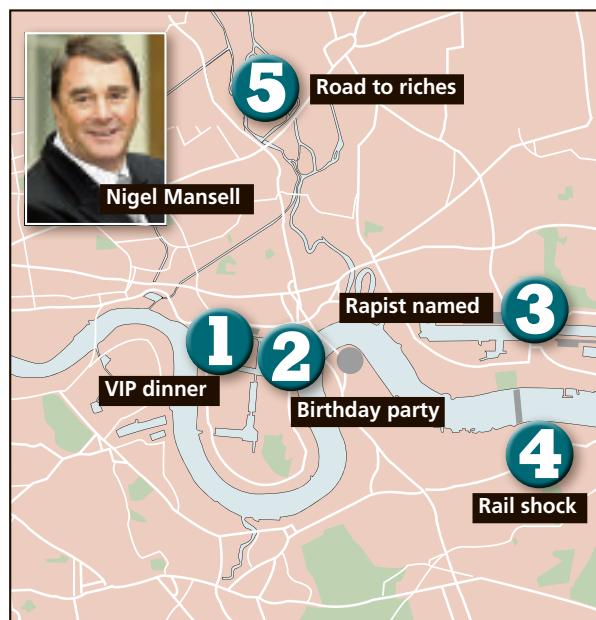
Event**Idea Store marks 10th anniversary**

2 THE Idea Store at Canary Wharf will be having a birthday event to mark a decade of the concept.

The party will take place at 2pm on Saturday.

Other such events are taking place at Idea Stores throughout May, including Whitechapel, Chiswick Street and Bow, which was the first in the chain of libraries brought in when it was piloted in 2002.

Tower Hamlets' head of Idea Stores Judith St John said: "Our stores have seen visitor numbers nearly quadrupled to two million and lending numbers break records."

**Court****Teenage rapist is named and jailed**

3 AN EAST London teenager from a notorious Canning Town gang has been named and jailed for rape.

Ibraheem Giwa, now 15, was 13 when he raped the "vulnerable and lonely" 11-year-old and watched as others - believed to be part of the Say No More Custom House gang - attacked her to ensure she said nothing about the assault.

Gang members also raped the girl in Canning Town's Central Park and in McDonald's in East Ham.

Two have been convicted and two acquitted although more prosecutions may follow. Giwa had pleaded not guilty to two counts of rape.

Judge Patricia Lees at Inner London Crown Court said the crimes would have a "far-reaching effect" on the girl.

Crime**Police seek man over rail flashing**

4 CCTV images of a man British Transport Police would like to speak to in connection with an incident where a male exposed himself to a woman and a young girl have been released.

The 35-year-old woman was travelling on a train with her two-year-old niece between Woolwich Dockyard and Charlton on Sunday March 11 when the incident happened.

Anyone with any information can call BTP on 0800 40 50 60.

Legacy**Games 'can lead us to prosperity'**

5 MAYER of London Boris Johnson said this week he was looking for the 2012 Games to lead the capital out of the recession.

The mayor, who will head to Greece later this month to collect the Olympic flame, said: "I have always said that if the Games are to mean anything we must use them as a springboard from which we can transform this city for generations to come.

"We're already seeing a renaissance in east London and billions of pounds worth of investment that would never have been secured had it not been for the Games."

POLITICS
NOTES & VIEWS

With Peter Golds

Conservative, Blackwall & Cubitt Town



ast Friday, some 26 hours after the polls closed, Boris Johnson was returned as Mayor of London for a second term. This was a remarkable achievement for Boris and his campaign team.

For Ken Livingstone, this was the end of a career spanning four decades and the final curtain for perhaps the most ideologically driven major politician in the country.

Boris Johnson now has a superb window of opportunity with the largest individual mandate of any elected politician in the UK. He had an imaginative and progressive manifesto which, when implemented, will seal his reputation as a vote winner, not only when the political situation is easy, but also in difficult times.

Somewhat lost in the coverage of the local elections were the referendums to establish executive mayors in many of England's largest cities. All but one, in Bristol, resulted in a "No" vote, and there is likely to be a rethink on this policy.

The regional model as established in London does not appear to work well for local authorities. It has not caught the imagination of the electorate, as the overwhelming majority of mayoral referendums held in the past decade have resulted in No votes.

The Tower Hamlets experience has not been a good advertisement.

Boris Johnson
had an
imaginative
manifesto

■ full range of NHS and private dental treatments available ■ visit www.smileimpressions.com for more information ■

 smile impressions

Docklands ■ Dental
■ Referral ■ Centre ■

We are accepting all NEW patients everyday until 31st May 2012

New NHS charges as of the 1st of April are:
Band 1 £17.50 Band 2 £48.00 Band 3 £209.00

Call 020 7538 9990
or email info@alignandsmile.co.uk
to book an appointment



NHS New Patients Welcome

6 New Providence Wharf
Blackwall Way, London E14 9PA
020 7538 9990

- NHS & private check-ups and treatment
- Painless care and painless prices
- Cosmetic dentistry (invisible braces and smile makeovers)
- Facial aesthetics (lip plumping and wrinkle relaxation)
- Hygienist & preventative care
- Implants & all aspects of advanced dentistry

Reebok Sports Club is delighted to introduce to Canary Wharf



World Class Trainer
direct from New York City
ULISSES
as head of its existing team of
exceptional
Personal Trainers

Customized, innovative
programmes designed to meet &
exceed your fitness goals to help
you look & feel better.

For a limited period special introductory
offers are available including:
**A Free Cardiac Wellness Screen & Bio
Electrical Impedance Analysis***
conducted by "Wellness International".

Contact Ulisses direct to organise
your complimentary consultation



020 7970 2050
PT@reebokclub.co.uk
reebokclub.co.uk

*Wellness package worth £100. Offer ends 31/05/12
Reebok Sports Club members only

What's on

FESTIVAL

Field Day

Victoria Park

Tower Hamlets' celebrated music festival Field Day returns to Victoria Park next month for a sixth year and the team have outdone themselves.

Known for having a finger on the pulse when it comes to showcasing future talent – Florence And The Machine were just one of the acts to appear at the festival before making it big – this year's line-up also features a host of classic acts. Franz Ferdinand, Mazzy Star, Sleigh Bells and last summer's indie idols The Vaccines are all on the bill.

The Charltons' Tim Burgess will be DJing as will Radio 1 presenter Huw Stephens.

Despite the star-studded line-up, the festival has retained its charm with a jubilee-themed series of sideshow stalls including sovereign throwing, heraldic crockery smashing, egg and silver spoon race and a royal duck shoot. A tug of war and three-legged race will also be taking place at the June 2 event.

The Venn Street Market



Last year's indie breakout stars The Vaccines will perform

will be serving up hog roast, Creole fish cakes and doughball amongst other international delicacies.

It's a weekend of entertainment in Victoria Park with Applecart following suit on the Sunday.

After a hugely successful debut in 2011 it again completes the quirky weekender with a day of music, comedy, art, magic and cabaret.

Funny fellows Sean Lock, Phill Jupitus and Rich Hall are topping the bill with Shappi

Khorsandi, Josie Long and Josh Widdicombe also on hand to tickle funny bones.

Adam Ant & The Good, The Mad And The Lovely Posse will be on the main stage with Billy Bragg, Beth Jeans Houghton, Supergrass frontman Gaz Coombes and Noah And The Whale.

The fete feeling follows on from Field Day with games on the Village Green.

Single day tickets are available and joint tickets for both events start at £69.50. Go to fielddayfestivals.com.

Canary Wharf
Putney
City
Harley Street
Knightsbridge
Bristol

cosmedicsUK
skin clinics

Offering you the best of today's cosmetic skin treatments

Wrinkle-smoothing injections from	£220
Restylane/Juvederm fillers from	£250
Excessive sweating treatments from	£450
Mole/skin tag/wart removal from	£140

Your first non-surgical consultation FREE

020 7386 0464

www.cosmedics.co.uk

All treatments administered by experienced doctors using the latest techniques

Choose from a convenient appointment time - including Saturdays, lunchtimes and evenings

£30

off your first treatment!
Quote LON11 when booking

Man in the street who continues to break the mould

You may have seen his works on the walls of Brick Lane – now you can enjoy them in a gallery

Louisa.Emery
@wharf.co.uk

Fed up with the elitism surrounding exhibiting artwork in galleries, Cityzenkane took his work to the streets. Now the secretive artist, whose work can be seen throughout east London, has launched his first solo show at Rich Mix on Bethnal Green Road.

He said: "My show in the gallery is not just about street art – I do other things as well. There is a big battle between the old school street artists who believe street art shouldn't be in galleries and the newer artists who believe there shouldn't be those boundaries.

"One reason I got into street art was because of the protocol, restrictions and limitations and the difficulty getting work into mainstream art galleries, but I realised the old school codes of street art were much worse. I prefer the progressive stuff where anything goes."

Visitors to Brick Lane may be familiar with Cityzenkane's striking work – his sculpture of Lord Jagannath hanging just before the railway bridge is particularly eye-catching.

Using bright often clashing colours and



Cityzenkane

glitter, crystals and metallic paint, his work is a prominent part of the area's artistic landscape.

He said: "I used to do stencils years ago but when I moved to London from Brighton a friend introduced me to the Shoreditch street art scene and it blew me away. That was about five years ago. I used to put the work up at night but I got arrested and kept in a prison cell over night so now I do it in the day so it looks like I'm meant to be there.

"I just started putting them up around the streets. There are not too many left now because people take them. I try to put them up really high to try to deter that but I think they have realised they tend to break when you take them down because I use really strong glue.

"My biggest fear is one falling on someone's head. I've started making bigger ones and hanging them lower down, which allays that fear a bit."

He makes three types of work – sculptures produced from moulds, two dimensional drawings and one-offs made from polymer clay.

Much is based around themes of symmetry, ancient Eastern imagery and aliens but he said there was no conscious process and he didn't think about what he was making, he just made it.

He said: "Anyone who follows my work will see pieces on show that are on the street but there are a lot of new pieces too and it will be possible to see how my work has progressed."

"I work as a television cameraman but I'm 50 now and want to become a full time artist. If this takes off hopefully that can happen."

■ Cityzenkane, Richmix, Bethnal Green Road, until May 13, Free, richmix.org.uk.

GIG
Westlife

The O2



And so the end is near, and thousands of once dewy-eyed adolescents say farewell to their childhoods to the soundtrack of Irish lullabies.

The foursome are packing their hugely successful back catalogue in their appropriately named Greatest Hits Tour for four nights of nostalgia. After 14 years, 26 Top 10 hits, 14 number ones and 14 million album sales worldwide the crooners are calling it a day.

The band says: "We see the farewell tour as the perfect way to celebrate our incredible career along with our fans."

■ May 12, 23, 24, June 7, from £43.75, theo2.co.uk.

GIG
Barry Manilow

The O2



If Westlife's cheesy pop is not enough to swell the heart, then the king of all things over-inflated, Barry Manilow, returns to the arena to provide his inexplicable alchemy.

He can show the whipper-snappers a thing or two with 80 million sales worldwide and more than 40 Top 40 hits, some of which have been snapped up by the boybands. *Could It Be Magic*, *Mandy*, *It's A Miracle* and *Copacabana* will have the crowds fumbling for their lighters. He might be unable to swing his hips, but the slender music man can certainly stir a middle-aged heart.

■ May 15, from £73.25, theo2.co.uk.

**GIG**

Howard Alden
Boisdale Canary Wharf



A celebration of guitar playing will take place at Boisdale throughout this month, kicking off tonight with jazz great Howard Alden.

The Californian-born strummer started his career playing professionally in LA before moving to Atlantic City and then New York, where he began recording with the likes of Joe Bushkin and Ruby Braff.

Critics agree he's one of the best guitarists around today, taking up roles of leader, co-leader and sideman within the Concord Records label group. He will be accompanied by Jeanne Geis in this performance.

■ May 10, 9pm, £10-25, boisdale.co.uk.

GIG

Mari Wilson
Canada Water Culture Space



During the '80s, singer Mari Wilson, the lady with the skyscraper beehive hairdo, had six hit singles including *Just What I've Always Wanted* and *Cry Me A River*.

She recently played Dusty Springfield in *Dusty The Musical* but has toned down the hairstyle, now performing jazz in more intimate shows that blend together song and storytelling.

This week she heads to the new Culture Space at Canada Water for a set comprising songs from her new album of covers, created with composer and pianist Simon Hale.

■ May 18, 7.45pm, £12/£10, thealbany.org.uk.

SCREEN

Dark Shadows
(12A) 113mins
★★★☆☆

■ Tim Burton's old crew – Johnny Depp and partner Helena Bonham Carter – reboot this popular supernatural soap opera. Michelle Pfeiffer and Eva Green pitch in for this tale that sees 18th century vampire Barnabas Collins (Depp) returning to his beloved Collinwood Manor in the funky early '70s. There he meets up with the temptress witch (Green) who entombed him.



Jeff Who Lives At Home
(15) 83mins
★★★☆☆

■ Two stars of the small screen who are rapidly gaining traction on the big screen appear as brothers in this indie-vibe comedy about family and a person's place in the universe.

Jason Segel and Ed Helms maintain their quirky charm to play the Duplass brothers, sons of Susan Sarandon, who find themselves up against a series of unexpected events that may or may not hold clues to the meaning of life.



How I Spent My Summer Vacation
(15) 95mins
★★★☆☆

How this film goes down may well depend on the increasingly flimsy box office appeal of Mel Gibson. He produces and stars in this movie about a getaway driver whose life goes south.

Fleeing a police chase, he is apprehended by Mexican police and sent to a hardcore prison. But Gibson is adept at dirty tricks and he has an unexpected aid – a 10-year-old kid.

- a. The Office
- b. Two Broke Girls
- c. Friends

Email your answer to newsdesk@wharf.co.uk with Cineworld in the subject line. The closing date for entries is May 17. Include your name and address and the tickets will be posted.

WIN film tickets



■ Fancy a free trip to the cinema? Cineworld West India Quay has teamed up with *The Wharf* to offer two pairs of tickets.

To be in with a chance of winning, just answer this question:

Ed Helms appears in the sitcom:

**UEFA
EURO 2012
POLAND-UKRAINE**

**BOOK AN AREA WITH US
AND TAKE ADVANTAGE OF OUR
GREAT OFFERS!**

**20% OFF
ALL PRE-ORDER
BOTTLED DRINKS
& PLATTERS**

MON 11th JUNE FRANCE v ENGLAND 8PM
FRI 15th JUNE SWEDEN v ENGLAND 7.45PM
TUES 19th JUNE ENGLAND v UKRAINE 7.45PM

CONTACT EMANUELA FOR RESERVATIONS
T: 02075 158361 E: CANARYWHARFEVENTS@TCG-UK.COM

New

From next week

MUMS want the best for their children – the best education, the best adventures, the best start in life.

The Wharf has been seeking out the finest experiences since 1998.

Now we're introducing mums to our upbeat, informative coverage that marries insight and style with practicality and common sense.

Our new Family page is a meeting point for mums who want to be out and about with their children enjoying the best child-friendly experiences this diverse area has to offer.

It's also a meeting point for mums who want to keep in touch with the local and national issues that most affect their families.

From fashion to fancy dress, from playgroups to picnics, from selecting schools to letting off steam, The Wharf will become an essential read for mums who are willing to go the extra mile to do the right thing.



Family

Win VIP tickets to



Children's show *In the Night Garden* Live is back at The O2 by popular demand.

We have a VIP prize for one family to meet the cast and characters after the show on Saturday, May 26, at 2pm. One runner-up will win a family ticket to see the show only on Thursday, May 24 at 2pm.

The show brings the world of *In the Night Garden* to the stage with CBeebies stars Igglepiggle, Upsy Daisy and Makka Pakka in their own purpose-built inflatable showdome from May 24 to June 9.

To be in with a chance of winning a family ticket (for four people, minimum one adult), answer the following question: What does Makka Pakka like collecting?

To enter go to wharf.co.uk and click the competitions link. You will need code: **TW008**. No cash alternatives, accommodation or travel are provided in this competition. Go to nightgardenlive.com or call 0333 300 0023 to buy tickets.



WORKINGMUM

By Tabitha Ronson

A transport of delights

My boss has been off work sick. As usual, whether she's ill or otherwise, her workload has mostly fallen upon my desk and – as is the general custom – Young Colleague has been giving the impression she is the one shouldering the burden.

Normally this would irritate me to the point where I'd need to run to the loo lock myself inside a cubicle – and scream silently.

However, someone was up there this week, protecting my larynx.

While Young Colleague was telling whoever she could corner how indispensable she was, I was rapidly responding to a string of high priority mails and texts being fired off from my boss.

I was in the zone, words a blur, knocking everything back as if I was playing a game of air hockey with Master A.

Then one email dropped into my inbox that made the extra workload suddenly bearable.

On Tuesday, in place of my sick boss, I was a guest of the Orient-Express, a fine-dining experience on The British Pullman that was like stepping back into the golden age of travel.

It has always been a wish of mine to travel on the Orient-Express and it didn't disappoint. The British Pullman is a true



beauty, full of grace and elegance, her carriages little works of art.

Liveried attendants were there to make the journey as pleasurable as possible, ensuring my glass was never without bubbles.

We travelled from London Victoria to Whitstable, savouring a delicious five-course gourmet meal en route, with oysters on reaching our seaside destination.

The conversation with my fellow travellers was as free-flowing and delightful as the Gavi.

As a mum to a four-year-old, I don't often get to sample such glamorous, grown-up experiences so this was, as was billed, an escape to a former age.

It was a pleasure to take time over my meal, not wolf it down in between feeding Master A, and eat something other than spaghetti. *Working mum now visualising being on the Orient-Express every time I travel on the Tube.*

Save 50% on a 90 minute session with a personal trainer



Battle that bulge in the comfort of your own home with your own personal fitness coach. Work out in the front room, the garden, even the office under the supervision of a qualified professional and feel the benefits immediately.

Just one of the many great deals, every day, at happli.co.uk

*For full details go to happli.co.uk

Live life. Live happli.

Living

Why Eastern remedy will raise eyebrows

BEAUTY

Eye brow threading is less painful than plucking or waxing

Louisa.Emery
@wharf.co.uk

Not so long ago, the idea of having hair removed in full view of anyone who happened to be walking past would have raised a few eyebrows but an influx of brow bars in department stores, hairdressers and shopping centres, combined with increasingly busy lives, has made it popular.

Blink Brow Bar has been threading eyebrows since 2004 and last month opened up its first standalone store in Canary Wharf.

Threading involves trapping the hairs in a kind of mini cotton lasso, removing multiple lines at a time rather than single hairs.

I'm already a convert – if done properly it hurts much less than waxing, doesn't leave you with red skin for hours afterwards and creates a beautifully defined shape.



Founder Vanita Parti explained why we were hanging up our tweezers and queuing up to embrace this Eastern beauty technique.

She said: "Threading is the best way to shape eyebrows for so many reasons. It is precise and gets every single hair out by the root, leaving a clean and longer lasting finish."

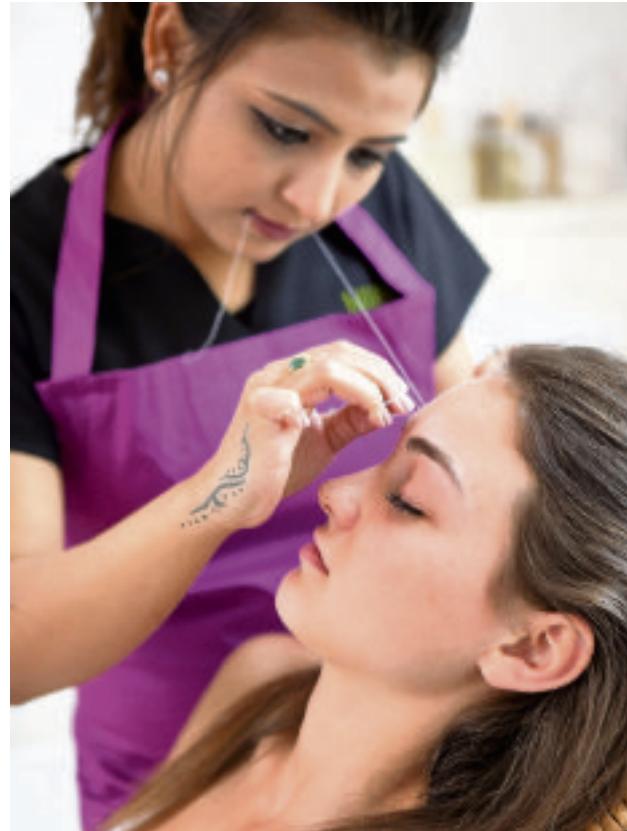
"The main benefit is the control the therapists have over the shape. They can guide the thread to ensure clients get the right shape for their face. Waxing can be messy and pulls the skin and tweezing is time consuming, whereas threading is quick, clean and gentler."

The Canary Wharf outlet is located opposite Waitrose and is open from 8am to 8pm with lunchtimes and after work being its most popular periods.

Vanita said: "We felt our service was perfect for the busy women of Canary Wharf. They need a quick solution to eyebrows and something that is on their doorstep."

Anyone who doubted their plucking skills in the '90s may have fallen foul of that unforgiving fashion trend – the surprised look – and may still be battling with over plucked brows.

Blink has a remedy – its Brows Back On The



Eye brow threading at Blink Brow Bar. Inset, therapist Roma Sachania

REVIEW: BLINK

■ After a winter of feet wrapped in woolen tights a pedicure was well overdue. My feet were soaked, scrubbed and rubbed until they were soft and smooth, then my nails were shaped and buffed.

A delicious Ayurvedic foot massage followed before my nails were painted a cherry red. My beauty therapist Roma Sachania answered all my questions expertly and made the experience a pleasure.

A week later and my feet still look stunning and polish hasn't chipped. Go to blinkbrowbar.com.

Louisa Emery

Road treatment aims to get you back on track with more flattering arches in four sessions.

The brow bar has scored itself a range of celebrity fans including Emma Watson, The Saturdays and Girls Aloud. Gentlemen aren't overlooked and the bar has a range of male grooming services including more subtle eyebrow shaping and eyebrow and eyelash tinting.

And it's not just eyebrows – Blink also offers signature manicures and pedicures and quicker treatments including polish and go – file, cuticle push back and polish – for those with less time.

Body Shop to unveil new store

Giles.Broadbent
@wharf.co.uk

THE Body Shop is unveiling its new concept store at Cabot Place tomorrow (Friday).

The boutique style Pulse concept is being rolled out across stores nationwide to create a more welcoming and interactive shopping experience. The new store layout will, says The Body Shop, encourage customers to make a complete circuit, taking in products from across the range.

International brand director Ann Massal said: "Pulse is where Beauty With Heart comes to life through our Community Fair Trade products, our passionate teams and our community and value walls, which allow for consumer engagement."

Among the quirky features planned are interactive Story Telling Tables with a "create your own gift area" and a chair made out of a bathtub, designed by Max McMurdo, whose eco-products were backed by Dragon's Den.

The store said: "With commercial benefits, community benefits and the core values of The Body Shop in mind, the Pulse store is bursting with features that create a feel-good shopping experience on every level."

The beauty chain is also looking to raise awareness of its global initiatives with bulletin boards and maps.

In addition, each store will have a Values Ambassador who will be able to talk to customers about the work undertaken by The Body Shop to promote fair trade and sustainability.

Q&A

Can I train my stomach muscles every day?

No, this is a common misconception about training your abs – you should treat them like any other muscle group which means that they need adequate recovery time.

The important thing to remember is that if you're training them properly, you should neither want nor need to train every day.

The American Council on Exercise recommends one to three sets of 10-25 reps for stomach exercises. You need to make sure that you're challenging the muscles sufficiently. Try using a Swiss Ball.



FITNESS WITH LAURA WILLIAMS

Get the look: Elle Macpherson

The supermodel, mum and businesswoman works hard at 48 to maintain her figure.

How she does it: Elle is realistic about her appearance nowadays.

"I'm almost 50, so I don't have the same body I had when I was 20," she said. But she admits to daily workouts that help to keep her "patient, strong and healthy" as well as in good shape.

If she's away Elle likes to ski or swim but running is how she gets her real endorphin fix.

"Running is not only a really effective way to stay fit, but it's also a sort of moving meditation," said Elle, of her favourite de-stresser.

Do it for yourself: If you're dragging your feet (excuse the pun)

» Tip of the week

Ignore the head chatter: Researchers from Canada's University of Alberta found that consistently active people ignored brain chatter when it came to exercise. Don't talk yourself out of exercise.

on taking up this highly effective, free workout, here are my top running tips:

■ Remember the playlist. Elle won't

run without her iPod. Try your favourite music to get you started.

Aside from helping to get you out of the door, you'll get a better workout by about 10 per cent.

■ Go without the music sometimes too. Often likened to meditation, running can force you to focus solely on your breathing, movement and your surroundings helping you to switch off from your daily stresses.

Focusing on a single task like this has been proven to boost energy levels and increase optimism.

■ Sprint for anti-ageing. Runners are thought to age more slowly because of natural human growth hormones released during the workout, especially if you include some sprints and higher intensity intervals.



Prepare for a relentless onslaught of rich foods

REVIEW

The Jugged Hare

Barbican

The Tudors had great clock-work spits to turn the vast carcasses necessary for a slap up meal at Hampton Court. It was all larks tongues and haunches of venison for the banquets in those days, of course – an expensive and messy palaver for a privileged few.

These days the luxury of the few has become the aspiration of the many and the spits at The Jugged Hare (what a marketing manager would erroneously term its unique selling point) would give the palace's immense roasting engines a run for their money.

Taking the concept of the gastropub to its logical conclusion, this establishment's menu is packed with saucy bites: warm comforting flavours with

JON MASSEY



Were there any poor performers?

"The only bum note proved my spit roast monkfish tail. An excess of cockles and a toughness to the meat made this dull dish a chore to consume."

a hint of the exotic. And it's a selection that fits extremely well with its surroundings.

Owners Ed and Tom Martin have created a snug dining area ideal for convivial conversation that, despite its proximity to the busy bar area, battles to retain a delightful calm.

This is down, in part, to the spacious, long room set aside for diners with its long wall of roasting equipment visible in an open kitchen, but also to the efforts of a slick phalanx of staff.

Our waiter, Felix, was packed with enthusiasm for the dishes and drinks he was charged to deliver, bamboozling me into ordering an amuse bouche of black pudding croquettes with Guinness sauce before I realised what was going on.

This was the first of an excellent symphony of tastes on a theme of decadence. Head chef Richard O'Connell obviously has a fried egg fetish, which is no bad thing when it's a pheasant's draped sexily over smooth chicken livers on gooey toast.

And that a fried quail's egg crowned an already delightful spring onion and blue cheese tart for my companion, made a successful dish a great one. Followed by a perfectly cooked burger, her meal was heaven.

The only bum note, and it was significant, proved my spit roast monkfish tail. An excess of cockles and a toughness to the meat made this dull dish a chore to consume – the one black sheep in the flock.

Fortunately an intense Kendal mint chocolate pot was there to burn it from my mind with searing sweetness.

Expect to pay around £18 for a main and go and try it out.

Jon Massey

49 Chiswell Street, London, EC1Y 4SA, 020 7614 0134, thejuggedhare.com.

Our verdict

An impressive array of pleasures for the eyes, nose and mouth

★★★★★

Food for a FIVER

By Jon Massey



Hot spicy chicken ciabatta, Kruger, £5.25

My dictionary defines spicy as "flavoured with or fragrant with spice or exciting and entertaining, especially through being mildly indecent".

While I realise most readers will be familiar with the meaning of this word, I publish the above for the benefit of those who put my ciabatta together at Kruger last week.

Post production deadline, I popped downstairs with the intention of seeking out something with a kick to blast away the cobwebs in my head. I landed in Kruger and settled on what I hoped would be a hot and spicy explosion of taste.

Anticipation built during the indecently long period of waiting. My mouth watered at the thought of a chilli tingle coursing up my tongue.

Finally, back at my desk I bit into this mound of chicken, cheese and floury tomatoes.

But wait, no spice. Not a hint, not a smattering. Zero, zilch, nada. It was warm, it had chicken and the requested cheese but where was the kick.

Still lying, part-congealed, at the bottom of a squeezy bottle in a kitchen miles from my mouth.

No good to me or anyone else who falls foul of such sloppiness in preparation.

Our verdict

A failure in every possible sense

★★★★★

OPENING

New bar marked by walk offer

★ Italian restaurant Amerigo Vespucci is running a guided walk followed by a bowl of pasta and a drink for £15 to celebrate the introduction of a new al fresco bar.

The venue in Mackenzie Walk, near Henry Addington's, Canary Wharf, is running the evenings every second and fourth Thursday each month from 6.30pm.

An experienced London guide will be in charge of the walk, which takes you around West India Docks. Call 07710 284 017 for more information or go to amerigovespucci.co.uk.

RESTAURANT

La Vista

Pizza & Pasta
Come and enjoy a slice
while taking in one of
the best views of Canary
Wharf

Special offer!
Pizza & 2 Peroni
£7.95!!

Via, West India Quay
The Port East Building
E14 4AY
0207 515 8549
Via-events@tcg-uk.com

Above, sauteed chicken livers on toast with a fried pheasant egg (£7.50) at the Jugged Hare. Below, our superb waiter Felix

cheese tart for my companion, made a successful dish a great one. Followed by a perfectly cooked burger, her meal was heaven.

The only bum note, and it was significant, proved my spit roast monkfish tail. An excess of cockles and a toughness to the meat made this dull dish a chore to consume – the one black sheep in the flock.

Fortunately an intense Kendal mint chocolate pot was there to burn it from my mind with searing sweetness.

Jon Massey

49 Chiswell Street, London, EC1Y 4SA, 020 7614 0134, thejuggedhare.com.

Our verdict

An impressive array of pleasures for the eyes, nose and mouth

★★★★★

travel

Airport aims to increase leisure traffic

London City Airport has long been the home for business flights in the capital. But now it's launching a marketing campaign to encourage more people to use it for leisure breaks.

Routes have recently begun to destinations such as the Balearics and Jersey, while Italian and French cities are also keen to bring young Wharfiers to their doors.

The airport's marketing communications director Tricia Handley said: "This is all about trying to drive leisure traffic through London City. We're well established in Docklands for business travel but we're not at the front of people's mind for leisure."

"However, with the help of the range of destinations we have and competitive fares, we want can make it the airport of choice."

Currently 35 per cent of travellers use the airport for leisure.

Rob Virtue

Go to leisure.londoncityairport.com.

35%
Proportion of LCY traffic dedicated to leisure

LEISURE DESTINATIONS



Chateau d'Angers in the Loire Valley

LOIRE
"Some take the car and go by ferry, others use Eurostar but now we have a new alternative," said Olivier Bouchereau of Angers Loire Tourism, following the launch of British Airways flights to the region. "It's made the Loire Valley just an hour away from London."

"People might come for a city break. Like many French cities there are beautiful chateaux scattered all around the region, as well as plenty of vineyards, as this is France's third biggest wine region."

You can also explore the beautiful landscaped gardens of the Terra Botanica and the breathtaking 800km cycle route known as La Loire A Velo.

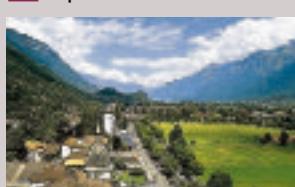
Another excursion is the Cointreau Distillery, where a tour of the factory is followed by drinks at the bar where they teach you to make Cointreau based cocktails.

BERN
This Swiss city is easily accessible with SkyWork Airlines, which now offers 12 flights a week from London City.

SkyWork's UK representative Brian Brett said: "Initially we brought it in for the business market because it is the Swiss capital. However, it's also appealing to the leisure market because this is a unique, charming medieval city situated just an hour from the Swiss Alps."

Interlaken is a train ride away and offers the perfect base during the ski season. In summer it's ideal for climbing, walking, cycling and paragliding.

SkyWorks, which was the first airline to let passengers use complimentary iPads on board, said the 72-seater flights are now split 50/50 between business and leisure trips.



Interlaken is a short train ride away



A beach in Jersey

JERSEY
Jersey is the destination being offered up by Blue Islands from London City. The airline's digital marketing manager Claire Allen said: "We launched the route a year ago and it's been a success, being just 50 minutes from London City and with very good check-in times."

"The Channel Islands are known for their heritage and beautiful landscapes but they're also a great place to do sports, ideal for city workers who want something different."

The airline is running an offer from May 31 to August 31 of £59 flights, with a stay at the island's five star Longueville Manor hotel for the same period at £160 a room, including breakfast, dinner and car hire.

Vanda Montgomery, the hotel's marketing manager said: "It's still the only AA Five Red Star hotel on the islands."

British Airways' recently launched route to Faro in the Algarve opens up access to stunning Portuguese landscapes and a huge number of spectacular golf courses.

The tourist board is promoting 35 courses along the coast, built by architects such as Nick Faldo, Nick Price and the late Seve Ballesteros. Sports, sailing and spa are also being promoted in the region.

City Airport passengers can get a taste of Italy thanks to Al Italia's only route from Docklands, which lands in Milan.

Marco Carnevale, the airline's account manager for the route, said: "It's a great place for shopping and theatre. It's still predominantly business at the moment but we're trying to encourage people to use it for group travel and to get away from work for a couple of days."

Leisure is now a big focus of British Airways subsidiary CityFlyer, currently the airport's biggest airline, with a number of routes focused solely on holidays. Commercial and marketing co-ordinator Gary Fozzard said: "A massive amount of people don't know City is a great airport for leisure trips. So in many respects this is about educating."

The airline started flights to Ibiza and Majorca in 2011 and this year sees the launch of Menorca and Venice routes.

ACE-FX
CURRENCY ONLINE
CANARY WHARF

GET MORE CURRENCY FOR YOUR MONEY
WITH ACE-FX

WE GUARANTEE TO BEAT THE POST OFFICE AND THE BANKS

BUREAU DE CHANGE - NO COMMISSION
CANADA PLACE
NEXT TO WAITROSE FOOD, FASHION & HOME
WWW.ACE-FX.COM / TEL: 020 7513 1925

Carrot Cars = 

0207 005 0557



Card terminal in every car!
bookings@carrotcars.co.uk

Book online: www.carrotcars.co.uk

Cheap, clean, reliable minicabs

waterfront studios LTD
BUSINESS CENTRE

Offices to Let from £23 sq/ft
Meeting and Training Rooms from £20 per hour

24 hour access • Flexible terms • Competitively priced • Managed office space • Business support



Waterfront Studios, 1 Dock Road, London, E16 1AG
Tel: 020 7476 9707 - info@waterfrontstudios.biz
www.waterfrontstudios.biz

Tel: 020 7476 9707
www.waterfrontstudios.biz

first person

LOUISA EMERY



Our Young Journalist Of The Year Alexander Badrick encountered *Big Brother* rejects and amateur tap dancers at the auditions

Earlier this year, *The Wharf* in association with the DLR set out to find their Young Journalist Of The Year 2012. Although the competition was tough, we decided to award the title and £100 prize to Alexander Badrick of Bow for his witty and entertaining sketch about auditioning as an Olympic Volunteer Performer. We're delighted to print his winning article here.

My experience auditioning for the Olympics

Alexander Badrick writes about the day he tried to become part of the 2012 opening ceremony

If it all goes wrong, I just remember tits and teeth. Tits and t-e-e-eeth! All about the tits and teeth," said the lady next to me. In a top secret rehearsal room tucked behind a supermarket in east London in early November, I'm waiting to audition for the chance to perform in the 2012 Olympics Opening Ceremony.

For the next two and half hours I'll be auditionee 005, as proclaimed by the *X-Factor* Boot Camp style sticker on my chest. As 200 of us mingle, 007 "call me Bond", a retired teacher and amateur tap dancer, offers her advice to the room: "Tits and teeth."

Soon, Pixie Lott's least offensive single blasts from speakers and we assemble into a conga-esque line.

"Strut. Show some attitude," says an instructor. "Raise the roof. Freestyyyyyy!"

Auditionee 015, a middle-aged Essex girl, follows the instructions with flair and demonstrates a perfect strut.

Earlier she was heard admitting: "I keep auditioning for *Big Brother* but never get in. I audition for everything – anything that's going. I'm here to entertain. I'm a top quality entertainer."

Beijing's Opening Ceremony featured 2,008 synchronised drummers and sparked a lip synching scandal, and Athens flooded their stadium in 2004 before bringing out an origami boat and Björk.

Sydney wished the world "G'Day" in 2000 with a painfully cheesy Olivia Newton John number and Atlanta's 1996 effort included a terrifyingly upbeat mascot, 500 cheerleaders and 30 pick-up trucks.

What does London 2012 have in store? Danny Boyle, the Opening Ceremony director, has promised us Her Majesty, a score by Under-

W What will the London Opening Ceremony offer?

"Director Danny Boyle has promised us a score by Underworld and the largest bell in Europe. The welcome will be a little flashier than 1948."

world and the largest bell in Europe – but they can't compare to 002, who arrived an hour early head to toe in 2012 merchandise and remembers Fanny Blankers-Koen win four gold medals at the 1948 Olympics.

At one point in the evening she approaches the man in charge and recalls the "breathtaking" feeling as the Olympic torch entered the modest stadium not with a gimmick, but under a sign bearing the words of Pierre de Coubertin: "The important thing in the Olympic Games is not winning but taking part. The essential thing in life is not conquering but fighting well."

Instructors Wendy and Maddy teach mime and dance routines and shortly afterwards we're performing in front of judges clad in high-visibility jackets. Tits-n-teeth is excellent at making sound effects, although her timing is slightly off and 002 is not a natural dancer, but they both embody Coubertin's philosophy and their energy and enthusiasm are infectious.

Later this year, a once neglected corner of our city will greet athletes from 216 countries and a global audience of a billion. I'm waiting to hear if my audition was successful, but I sure as hell hope it is.

The welcome will be a little flashier than 1948, but with a lot of practice the charming potential performers I met in November will ensure it is warm and fondly remembered.

Beijing's Olympic opening ceremony stunned viewers – will London 2012 be able to compete?

Upgrade to Business Cass

Join us for our next MBA Experience Day

Date: 19 May 2012 Time: 10.15 – 15.30

To register visit www.cassmba.com

www.cassmba.com



Images

 **REUTERS**

the Wharf

To advertise, call **Charlotte Waller** on 020 7510 6402

classified

Hostess & Escorts

Suzanne's Escorts
Bookings
0871 222 0601
Calls to 0871 numbers cost 10p per minute plus network extras.
PO box 121 to 8 Our customer service 0845 313 2674



Check out our girls on our web site
Info 090 673 91679
Calls to 0906 numbers cost £1.02 per minute plus network extras.
Po box 121 to 8 Our customer service 0845 313 2674

www.Suzanne'sEscorts.Co.UK

*To your door
within the hour
or visit us by
appointment
Driver service
from the station
7 nights a week
till 3am*

**High Class
Mature
Independent
Escort**
In Canary Wharf
07932236226

UK SUGAR BABIES
Young
Escorts
Mature
Escorts
CALL FOR WEBSITE
07500 709 050

MARY
High Class
Independent Latin
Ebony
Canary Wharf
Luxury Flat
In/out, Call for Web
07544 902012

**Independent
Exotic Latin
Mature &
Attractive**
In/out in Canary
Wharf luxury flat
Early till late
Gina
07903 440 616

Never underestimate
the power of advertising
CALL US NOW
020 7510 6402

DISCOUNTS
2012



07557 227561
www.georgiehphotography.com
info@georgiehphotography.com

GEORGIE H
PHOTOGRAPHY
LONDON | KENT | ESSEX

**Paying for
your ad is easy...**

**When you use one of the
following methods:**

POSTAL
ORDER



Adult Massage

**Oriental Full body 2
body oil massage**
www.londonbody2body.co.uk
Many other Services
In or Out call
07779211427

YoYo
Japanese Body Massage
in Canary Wharf.
Appointment required:
0776 834 9955
For more info:
yoyomassage.co.uk

**SENSUAL
TANTRIC
MASSAGE**
www.tantric-hart.com
Call: 07583 051 374

**Amazing
Chinese
Massage**
Luxury Rooms
Canary Wharf/
South Quay
07729 760888
www.gaoomedical.co.uk
Free Packing & Card Accepted

**MOBILE SPRAY
TANNING**
Gorgeous tan in
Chocolate, Cherry
or Coconut scent.
FULL BODY SPRAY £15
Call **07766 915965**

Health & Beauty



We couldn't make it any easier.

Finding the ideal IT opportunity isn't always easy. That's why we provide a clear solution.

PlanetRecruit is one of the UK's leading IT jobsites. We consistently find talented technology professionals the most relevant jobs both in the UK and abroad.

Our expertise means we can find you the right opportunities, without the hassle. And our connections with recruiters and employers means we can get you into all the best places.

To find the perfect job go straight to PlanetRecruit.com/jobs

 **PlanetRecruit**
JOBS FOR TECHNOLOGY PROFESSIONALS

Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070
Some sort of parting is indicated, which may make you a little sad. Try to immerse yourself in your work or a new project to keep the blues away.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071
This is a good time for meeting people and for making new friends. Be wary of others trying to take advantage of you financially this week.

ARIES

MAR 21-APR 19

For more call 0905 817 2060
You would be well advised to check on your facts before making your suspicions public or you could cause unnecessary bad feeling. Believe nothing.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061
You can't change your past but you can change the way you view what's happened. Learn the lessons but don't keep punishing yourself, Taurus.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062
Something that happens to a relative should help to strengthen family bonds and some sort of get together is likely. This is a good time to concentrate.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063
Existing romances are well started and unattached Cancerians could discover a new romantic relationship. You certainly won't be the shy one in the corner.

LEO

JULY 23-AUG 23

For more call 0905 817 2064
Be on the lookout for a financial opportunity as it should turn out to be most profitable. Try a little harder to communicate with a younger person.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065
Your romantic life is liable to be rather erratic but the good times should make up for the bad ones. A close friend needs your support for a major change.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066
A personal problem could be solved quite suddenly and relieve your mind considerably at this time. Make an effort to contact friends and relations.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067
A hectic social life may leave you feeling a little fatigued. You need a few early nights. A lost document or article could cause a lot of trouble.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068
Money matters may provide a few worries and it will be necessary to cut back your budget. It may be best to keep your opinions to yourself.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069
A romantic relationship may be adversely affected by the interference of a third person. Any artistic or creative projects are particularly favoured.

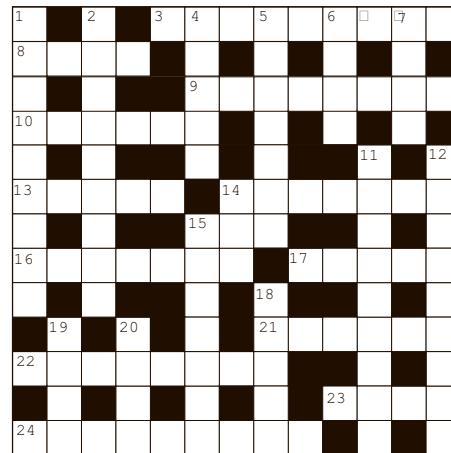
Face in the crowd



Are you this week's Face In The Crowd? Each week we send our snapper out onto the estate to capture a face who wins a main course and a cocktail at the Marriott West India Quay's Manhattan Bar. If you are this week's Face, phone 020 7510 6055 for instructions on how to claim your prize



Crossword



ACROSS

- 3. Astrological forecast (9)
- 8. Wet weather (4)
- 9. Interloper (8)
- 10. Not far from (4,2)
- 13. Shoe part (5)
- 14. Bag for school books (7)
- 15. Mountain pass (3)
- 16. Desert (7)
- 17. Summarise (5)
- 21. Trustworthy (6)
- 22. Woman's under-bodice (8)
- 23. Heroic (4)
- 24. Playwright (9)

DOWN

- 1. Large ape (5-4)
- 2. Vanish (9)
- 4. Cooking bulb (5)
- 5. Visual (7)
- 6. Stout stick (4)
- 7. Jetty (4)
- 11. Feeling of fear or disgust (3,6)
- 12. Boisterous knock-about comedy (9)
- 14. Male offspring (3)
- 15. A fertiliser (7)
- 18. Board game (5)
- 19. Just, impartial (4)
- 20. Business company (4)

Sudoku

EASY

			3	1	9	4		
7	8	5			2			
3		4	6	8				
	7	1	9			2		
1	2				9		5	
9		6	2		8			
	7	4	2			3		
2		3	4		9			
4	9	3	7					

HARD

7	2	4	8			
3		1	6			
	4				9	
	2		1			7
5						4
1	9			5		
2				6		
	7	3		8		
9	1	2		3		

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

Contact our psychics to get a FREE personal CD of your reading

Live psychic

Call a live psychic for your personal consultation on 0906 174 2078

To pay for psychic reading by credit card, call 0800 063 0909

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net

For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

Sport



Charlton manager Chris Powell celebrates in front of the Addicks faithful

WEEKEND FLUTTER

RACING

The Lingfield trials for the Investec Oaks and Investec Derby take place on Saturday and with Aidan O'Brien in scintillating form at the moment, *Twirl* should be tough to beat in the fillies' contest.

Her pedigree suggests she will improve dramatically for a step up in trip and the Ballydoyle representative won't be far away.

In the colts' equivalent the John Gosden-trained *Thought Worthy* can land the spoils. Coming from another stable who are in fine fettle, he should be spot on for this contest after his recent comeback at Sandown and rates a good wager.

Ed Quigley

FOOTBALL

West Brom can give Roy Hodgson the perfect leaving present by beating Arsenal at the



Roy Hodgson could get the perfect leaving present from West Brom

Hawthorns on the final day of the Premier League season on Sunday.

The Baggies have lost only one of their last six matches and that was away to Manchester City, while Arsenal have taken just three points from the last 12 available.

Mark Langdon

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

WITH THE
RACING POST

Promotion to the Championship has left club buzzing say the players

Rob.Virtue
@wharf.co.uk

Charlton stars are looking forward to next season in the Championship after a record breaking season in the third tier. The Addicks lifted the League One trophy after making it to 101 points following Saturday's 3-2 win over Hartlepool – the south London side's last match in the division after a three-year stay.

Speaking after the victory, Addicks top goal scorer Bradley Wright-Phillips said: "You imagine lifting the trophy when you see other people do it, so for me to do it today, I'm just so happy."

"I'm feeling emotional now and have a lot of emotions. In my football career, there's nothing better than this."

"When you get one of these medals, it all makes sense. That's why you play the game."

101

Points scored in the league by Charlton this season

As well as getting the club's highest ever points total, this season's role of honour included the most league wins and most away wins as well as fewest defeats.

Goalkeeper Ben Hamer, who signed from Reading at the beginning of this campaign, said the players were all looking forward to the challenge of the second tier next season.

"It's my first season here and we've finished it off happily by winning the league and getting to the Championship. That's why I wanted to be here, because this club wanted to be in the Championship. We are buzzing right now."

Midfielder Danny Hollands said the team's transition from mid-table to runaway league leaders in the space of a season was remarkable, as were the stats at the end of the match.

"It sticks with you for the rest of your life," he said. "When 21 new players come in, it's going to be hard for anyone."

"But we went away to Lepe earlier in the pre-season and gelled really well. It's been fantastic. The fans have



Manager's pride as Charlton win in style

stuck by us for the whole year, so it's been a great year all in all. We've got to enjoy the moment and then look forward to next year."

"It's a great group of lads. We've just got to enjoy it and we know the hard work starts again in July."

Charlton manager Chris Powell said: "I'm really proud of these

players. They've really earned their accolades, their medals and a special season. They've made it happen."

"My staff have been outstanding and we've just had a different feeling about the place this year. It's very rare a team gets into three figures, but we're forever in the history books as making it alongside Fulham."

Irons head to Wembley

Rob.Virtue
@wharf.co.uk

WEST Ham go into next weekend's play-off final as favourites after the side's 5-0 aggregate humbling of Cardiff on Monday.

Tickets went on sale for the Wembley tie yesterday morning and all 34,000 were expected to be snapped up within hours ahead of the much-anticipated match.

Manager Sam Allardyce said he

and his players were excited at the opportunity of returning to the Premier League with just one more win next Saturday.

"That's eight games and we're averaging three-goals-a-game over that period. We've lost one game in 20 and it stands us in good stead for getting on the big stage at Wembley," he said.

"To see the West Ham fans there filling one half of that stadium is going to be pretty special and I

hope we can all come out at the end of it with what we hope for."

"We have another obstacle in the way who will be equally determined to go where we want to go in either Blackpool or Birmingham, so it's about us maintaining our form going into this vital final game of the season."

Blackpool and Birmingham were due to meet in the other semi-final last night (Wednesday) to see who would take on the Hammers.



Above, Charlton through the receive the League One trophy after breaking 100-point barrier with a 3-2 victory over Hartlepool



Johnnie Jackson raises the npower-branded cup as his team mates look on. Inset, Powell shows his jubilation at The Valley



West Ham's Kevin Nolan celebrates scoring the opening goal with team mates James Tomkins and Jack Collison

GETTY

I wanted to make history and rise to the challenge

Louisa.Emery
@wharf.co.uk

LOUISE.EMERY

AN event rider who was paralysed in a freak accident arrived in Canary Wharf on Thursday, 12 days into her quest to complete the London Marathon course.

Claire Lomas was tackling the route using a robotic suit that allows paraplegics to walk again.

Speaking as she passed through Canary Wharf, she said: "It has been a real challenge but an amazing experience. The weather has made it harder but when the ground is flat I can get more done."

"I have no sensation in my legs so I just have to trust that they will carry me. Balance is difficult because my injury is from the chest down so keeping my body upright is a struggle." Regulations introduced this year meant that Claire – who finished the course on Tuesday – will not get a medal. She completed the marathon on Tuesday and has raised £90,000 for Spinal Research so far.

She said: "I wanted to complete the marathon to raise as much money as possible for Spinal Research. Before my accident



Claire Lomas, who was paralysed from the chest down in a horse-riding accident, walked the London Marathon route using a robotic suit and passed through Canary Wharf last week

I liked to set myself personal challenges and that is exactly what this is.

"I thought £50,000 was ambitious when I decided to do the marathon and now I'd like to get to £100,000. I wanted to be the first person to do it in the suit and to make people aware of spinal injuries. A

cure needs to be found." Claire was paralysed from the chest down following a horse-riding accident in 2007. She hit a tree fracturing her neck, back and ribs and puncturing a lung.

She was joined on her 16-day quest by her husband Dan. To donate go to justgiving.com/Claire-Lomas.

BURLESQUE
Formerly Known As VENUS

Open Mon - Sat
From 8 pm

NOW OPEN

Free Admission With This Ad

London's premier fully nude table dancing venue
29 Farringdon Road, London EC1M 3JB
Tel : 020 7242 1571 www.cityburlesque.co.uk

JOIN Team Reebok

Receive a **Gift Certificate**
worth up to **£125**



Already in the team?

Refer a friend to join and receive the same certificate

THE *Spa* wellness
INTERNATIONAL
placing you at the heart

020 7970 0911

info@reebokclub.co.uk

Reebok
SPORTS CLUB

reebokclub.co.uk

Offer ends 21/05/12